

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink
hot water each morning
before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried, some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anemic-looking souls with pasty, muddied complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.

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Women!

Here is a message to
suffering women, from
Mrs. W. T. Price, of
Public, Ky.: "I suffered
with painful...,"
she writes. "I got down
with a weakness in my
back and limbs... I
felt helpless and dis-
couraged... I had about
given up hopes of ever
being well again, when
a friend insisted I

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The Woman's Tonic

I began Cardui. In
a short while I saw a
marked difference...
I grew stronger right
along, and it cured me.
I am stouter than I
have been in years.
If you suffer, you can
appreciate what it
means to be strong and
well. Thousands of wo-
men give Cardui the
credit for their good
health. It should help
you. Try Cardui. At all
druggists. E-78

FIRST CALL WAS FOR SOAP

Nothing Germans at Coblenz Would
Not Do for That Article—
Pepper Came Next.

German supplies were getting rather short when the American army of occupation moved across the Rhine at Coblenz. The population was eating a tough black bread which was nothing more than a bran mash, wearing paper clothes, and going virtually unwashed, as they had no soap.

There is almost nothing the Germans won't do for a piece of American soap. The washwomen will darn impossible holes in the doughboy's socks, mend his trousers, scrub his leggings, and would stand guard in his place if assured they will be rewarded with a portion of this delicacy. Soap takes the preference over cigarettes, chocolates or chewing gum.

The Germans have an imitation soap they provide for the populace. It looks like soap and makes a rich-appearing lather, but it isn't soap. It doesn't do the work. You might as well try to shave with the foam from their bad-tasting beer as that soap. Having no oils or fats in it, it is plain camouflage.

Another thing the Germans are shy on is pepper. A person who has always had pepper might give it little thought and it probably would be the last thing included in an "iron ration," but go without pepper three years and you'll begin to think that it is the staff of life.

Soap and pepper are to the Germans what pie and ice cream and going home are to the American doughboys. —The Spikor of April, published in France by the United States Army Railway Engineers.

MARY HAD NOT FORGOTTEN

Movie Actress Tells Why She Long
Has Had Grudge Against
Robert Hilliard.

Robert Hilliard, actor, and best-dressed man in New York theatrical circles, was introduced to Mary Pickford recently. As they shook hands he smiled and said:

"My dear Miss Pickford, I have wanted to meet you for a long time. This is a pleasure, I assure you." "Thank you, Mr. Hilliard," replied the movie actress, "but I must say your memory for faces isn't very good."

"Why?" he asked.

"Some twenty years ago, when you were playing in 'The Little Girl' in Toronto, you needed a child to be the girl. My mother offered my services. I was little Gladys Smith then. You looked me over and told me to go home and wash my hands."

"No, no!" replied the horrified Hilliard. "I couldn't have said that."

"But you did," persisted Miss Pickford; "but I told you my hands weren't dirty—they were chapped. You finally gave me the job, but I took a dislike to you just the same."

"You did? Why?"

"Because," concluded Miss Pickford, "you made me go home and wash my hands, anyway, and I detested soap and water in those days."

"Well, I declare!" said Mr. Hilliard, as he arranged his boutonniere.—Rehoboth Herald.

Explained.

She was weeping bitter tears into her afternoon tea. "Oh, my dear!" she said to her only friend, "I don't know what I shall do. Ted and I have only been married six months, yet he spends every evening at his club."

"Well, don't worry, darling," said the other. "Percy's just the same. But I shall never scold him again for spending so much time at his club."

"Why not?"

"Well, last night a burglar got into the house and my husband knocked him senseless with a poker. I've heard several men speak of him as a poker expert. He has evidently been practicing at the club for just such an emergency."—Exchange.

Rescue Cage.

Less thrilling than being rescued and carried down on a swinging ladder, but much more practical, is a new rescue cage. When the fire ladder is thrown against a burning building it carries with it a wire cage attached to a shaft the cage hangs from its pulley at the top of the ladder, within easy reach of the windows. It is lowered by turning the cable drum on the fire truck below, and will carry four passengers safely.—Popular Mechanics Magazine.

Bright Rupert.

The lesson was on the rabbit. "The rabbit has long ears, fur on its body, and a tail, nothing to speak of, though," the master informed the class.

The next day he wanted to see what they knew about it. "Now, then, Rupert," he backed to a particularly bright youth, "tell me something about the rabbit."

"The rabbit has a tail," said Rupert, eyeing his silent fellow triumphantly, "but it mustn't talk about it."

Just So.

She was teaching the word "element" to a sixth grade. She had told them its meaning, the substance of which a thing is composed—and then had illustrated her definition by saying that the elements of the earth were water and soil.

Then she asked them to write sentences containing the word. And this is the one Henry wrote:

"Water is one of the elements of earth."

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THE MOST

DANGEROUS DISEASE

No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, look out! Find out what the trouble is—without delay. Whenever you feel nervous, weak, dizzy, suffer from sleeplessness, or have pains in the back—wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only asking for their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from your system.

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WILL "MAKE GOOD"

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ing Soldiers.

Men Who Gloriously Finished the
Greatest War in History Have
Now But One Idea: Their
Country's Good.

The American soldier in the great war dedicated his life to the establishment of justice, freedom and democracy in the world. Analytical wise guys have been busy ever since America got into the war, furnishing cynical explanations of the American fighting man's impelling motive.

In spite of the complex arguments of the analytical psychologists who can understand anything but the simple sincerity of an honest man, the American soldier did fight in war for the establishment of those principles, and has every intention of working in peace for the preservation of that for which he fought.

I talked of the purposes of the American Legion with Colonel Roosevelt. In his conversation, as he explained them to me, the word "crystallization" occurred again and again.

"We want," he said, "to crystallize the spirit that made it possible for us to get into this war and to fight it as we did."

Do you realize, you who read this, what that spirit is that this organization wants to crystallize and preserve? I'll give you an example of it that I saw.

A shattered church in the Maine section during the latter part of July: It was filled with freshly-wounded men, stretchers. The shells were whining over and hurrying about it. A slim, big-eyed, very boyish boy was brought in all shot to pieces. He was a very ordinary American boy, certainly not more than eighteen. A medical man was passing.

"Hey, doc," the young fellow called weakly.

"What is it, son?" the major asked, bending above him.

"Tell me, doc," the boy begged huskily, "Am I—am I—dead?"

The major looked at the descriptive slip with which the wounded boy was tagged and hesitated. He knew the young fellow had less than half an hour of life left in him.

"Well, I'll tell you, son," he said slowly, "You're in a pretty bad way, but we're going to do all we can for you."

The boy—who was a very ordinary young fellow, as I have said—saw the truth under the thin camouflage of kindness.

He knew he was dead. He caught his breath quickly, closed his eyes, and, reaching up, caught hold of the major's hand and held it tight for a little time.

Then he sighed, opened his eyes, and folded his arms contentedly on his breast. He looked up at the major, and there was the calm light of a glad resignation on his face.

"Well, anyhow," he whispered triumphantly, "I guess I made good, didn't I?"

"You sure did, son," the major assured him.

The boy smiled again and died, happy in the knowledge that he had made good in his personal obligation to establish the principles of justice, freedom and democracy.

That's the spirit that the American Legion wants to crystallize, to perpetuate, to preserve and translate into terms of constructive civilian effort that will insure the continuation in force of the principles that the soldier fought to save.—William Slavens McNutt in Collier's Weekly.

The Italian Farmer.

The Italian farmer is evidently nothing if not willing to experiment. No fewer than three classes of collective farms are in successful operation in the country. In one class a co-operative society of farmers acts as landlord for the individual members, each of whom tills his own farm independently of the others. Under the second plan the co-operative society holds the land, decides from year to year how it is to be divided and cultivated, and appoints each member to his part in the program of cultivation. The third plan is more complicated: the co-operative society rents a large farm which is worked by a permanent staff of members receiving a salary for their services, and by other members who divide their time between work on the co-operative farm and on privately owned farms. All three forms of co-operation are highly successful according to recent accounts. They have this point in common, the elimination of middlemen between farmer and consumer.

Ivory "Mines."

Lieutenant Schmitze, who was a member of a United States naval expedition sent into the Arctic in search of the expedition ship Jeannette, reports the discovery of ivory "mines" in a group of islands lying northwest of the Lena river, situated in northern Siberia. Vast numbers of mammoths, it appears, have been discovered buried in a sea of ice, and it is held that, for a short period each year, probably a few weeks, these mammoths could be "mined" with great profit, owing to the immensity of the tusks, four times the size of those of the elephant of this age, and because of the great value of ivory at present. An ivory "mining" expedition would doubtless furnish all the "thrill" that the most adventurous could possibly desire.

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